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PRODUCER SAYS ALL THE ADORATION HAS FORCED JENNIFER LAWRENCE TO CONSIDER A YEAR-LONG BREAK FROM ACTING PAGE 27

Blair allegedly tipped off to a Ford offensive

Police chief says his officers were told by Ford's friend Sandro Lisi that their boss was 'going to get his' PAGE 3

Khadr unfairly labelled, says ombudsman

Toronto-born Omar Khadr poses a minimal threat and should be classified as such, ombudsman argues PAGE 10

Springtime is taking its sweet time

Why it's still so frigid and what benefit this seemingly endless winter will have come glorious spring PAGE 6

NEWS WORTH SHARING.

Rob Ford talks to reporters as he leaves the Big City Mayors' Caucus at Ottawa City Hall on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

While you all cried, I chose a side: Ford

Big City Mayors' Caucus. Ford at odds with other mayors over $14B infrastructure plan

Mayor Rob Ford is telling Canada's big city mayors to choose sides in the next federal election or stop complaining about infrastructure funding issues.

Ford blew into the capital Wednesday with his trademark bull-in-a-china-shop style, wowing crowds of photo seekers, scrumming with reporters and generally knocking a meeting of the Big City Mayors' Caucus off its moorings.

"I got along well with all the mayors," Ford told his second scrum of the morning at the first Federation of Canadian Municipalities meeting he has ever attended.

Ford had previously dismissed the group as the "lefty caucus" — and made it clear he wasn't entirely back onside.

Ford said he told the other big city mayors to back a federal party, as he has. Ford has been a key ally of the Harper Conservatives — or at least he was until he became an international punch line.

"Don't sit there and complain if you're not going to take a stand," he said.

The reaction of his fellow mayors varied drastically.

"He made some very helpful interventions on housing and on transit," said Calgary Mayor Naheed Nenshi.

"We don't talk to him," said Montreal mayor and former federal Liberal cabinet minister Denis Coderre. "We don't want to have anything to do with him. We don't want to be associated to him."

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Lisi tipped off cops on Ford onslaught: Blair

Spat. Mayor's friend reportedly warned police, 'Your boss is going to get his'

Toronto police Chief Bill Blair says Mayor Rob Ford's former driver Alexander (Sandro) Lisi told police that Coun. Doug Ford was plotting an offensive against the chief.

Blair said that after Lisi's arrest on extortion charges on Oct. 31, the Etobicoke man said to investigators: "Your boss is going to get his this weekend."

In an interview Wednesday, Blair responded for the first time to a complaint made against him by the councillor that was recently referred to the provincial police watchdog, as well as multiple verbal attacks against him since June by both Ford brothers.

Toronto Police Services Board chair Alok Mukherjee told the Torstar News Service earlier this week that the basis of Doug Ford's complaint was that the chief acted inappropriately during an Oct. 31 press conference at which he announced the recovery of a video of the mayor appearing to smoke crack, when, in response to media questions, he said he was "disappointed."

The Office of the Independent Police Review Director is now investigating the complaint.

Bill Blair

The week after Lisi's arrest, Councillor Ford, speaking on AM640's John Oakley show, called for Blair to take a leave of absence and accused him of being in a conflict of interest for going on a fishing trip with police-board member Andy Pringle.

The chief said police already knew the Ford attack on him was coming because of Lisi. Over that weekend, spokesperson Mark Pugash spoke to several media outlets on the chief's behalf, Blair said.

"The comments that Councillor Ford made ... did not come as a surprise to me," Blair said. TORSTAR NEWS SERVICE

Investigation

Another child died at unlicensed daycare: Police

A baby boy died on Valentine's Day while being cared for at an unlicensed home daycare in the northwest corner of the city, police say.

He's the fourth child to die in unlicensed child care in the GTA in the last seven months.

Police confirmed they were called to the apartment building at 20 Broadoaks Dr., near Keele Street and Finch Avenue West, on Feb. 14, where they found a four-month-old boy without vital signs.

He was taken to hospital and declared dead on arrival, said a police spokesman. Police are investigating the case as a suspicious death, as they are required to do for all child deaths. The cause of death is unknown. TORSTAR NEWS SERVICE

Stintz all smiles while pitching hydro sale

Mayoral candidate Karen Stintz made her first campaign speech at the Toronto Board of Trade Wednesday afternoon, in which she outlined her proposal to sell 10 per cent of Toronto Hydro, or lease out the lucrative electricity monopoly, and devote the proceeds to transit expansion. Her rival John Tory warned of a "fire sale." LUCAS OLENIUK/TORSTAR NEWS SERVICE

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GSP opens up about OCD

Georges St-Pierre. Metro talks to the MMA fighter about dinner guests, dream dates and obsessive compulsive disorder

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Former UFC welterweight champion Georges St-Pierre speaks with media in Toronto Tuesday, at an event hosted by Bacardi Canada. JESSICA SMITH CROSS/METRO

Former UFC welterweight champion Georges St-Pierre diagnosed himself with obsessive compulsive disorder and has never seen a doctor about the condition, he told Metro Tuesday evening.

St-Pierre has recently begun talking openly about having OCD and has said it's one of the reasons he has taken a break from his sport.

"I knew since I was a kid I had it, but I kept it for myself. I didn't want to tell (anybody)," he said.

St-Pierre was in Toronto Tuesday evening for an event organized by Bacardi Canada. He participated in back-to-back media interviews, and Metro was allotted only one minute to speak with him.

In the past, St-Pierre has talked in the press about how he feels OCD has helped him as a fighter — because he obsesses over being the best — but not about how he came to his diagnosis or if he had received treatment.

Dr. Debbie Sookman, director of the Obsessive Compulsive Disorder Clinic at the McGill University Health Centre and president of the Canadian Institute for Obsessive Compulsive Disorders, said OCD is characterized by obsession and rituals.

Obsessions are involuntary, intrusive thoughts that the person finds distressing. The compulsion side is repeated rituals that are attempts to relieve the distress caused by the intrusive thoughts or avert a feared consequence, she said.

There are reasons why people with OCD don't seek help — and while people can recognize symptoms of OCD in themselves, read about OCD online and live with mild OCD, it's advisable they seek treatment, said Sookman.

"Sometimes if OCD is mild, a person may feel that it's working for them, although there is a cost and OCD tends to progress," she said.

On OCD

"I knew since I was a kid I had it, but I kept it for myself. I didn't want to tell (anybody)."
Georges St-Pierre

For example, athletes may feel that if they perform the cognitive rituals that are a symptom of OCD, they will have better luck at their sport, she said. "And even though they may not completely believe it cognitively, they feel better when they do it."

Some people also avoid treatment due to feelings of shame. With OCD, the intrusive thoughts can be very personal — thoughts about violence, sexuality or religion — and that can be a barrier to seeking help.

For example, a person may have intrusive thoughts about harming another person, but finds violence abhorrent. Through their rituals, they will try to replace a bad thought with a good thought or behaviour, said Sookman.

"People may not seek help because they feel they need their rituals in order to cope, but when they consult — just to get more information — a specialist, they'll learn strategies that improve coping, reduce distress and work better," she said.

"People who are afraid they're alone in these thoughts are not."

Q&A

Look out Justin Timberlake

Georges St-Pierre, who said in December he's taking a break from MMA, is releasing a documentary about his life, acting in the upcoming Captain America sequel and working as a social responsibility ambassador with Bacardi Canada telling people not to drink and drive. He spoke with Metro Tuesday.

If you could go to dinner with anyone — dead or alive — who would it be?
(Futurist) Jacque Fresco, and he's still alive right now.

If you could go on a date with anyone — alive, obviously — who would it be?
God, I don't know. The Hollywood most beautiful is Jessica Biel.

Is there a food you eat now that you wouldn't let yourself eat when you were training for fights?
No, I eat always everything I wanted.

Have you fought someone you think was using performance-enhancing drugs, but who wasn't getting caught?
Ah, ha-ha. Yes, it happened before. ... I can't tell you who.

JESSICA SMITH CROSS/METRO

Jessica Biel is GSP's dream date. GETTY IMAGES

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George Doodnaught

Doctor convicted of sexual assault seeks release from jail

An anesthesiologist convicted of sexually assaulting 21 sedated women during surgeries asked Wednesday to be released from jail while he appeals a case the Crown attorney likened to a "horror movie."

Lawyers for George Doodnaught were in the Court of Appeal for Ontario seeking bail pending appeal just one day after the doctor was sentenced to 10 years for what the judge called "reprehensible" crimes. Doodnaught, 65, was on bail throughout his trial and complied "religiously" with those terms, lawyer Brian Greenspan said.

There's no risk Doodnaught will reoffend as his medical licence has been suspended, Greenspan argued. THE CANADIAN PRESS

Money to be divided up

Ontario to give $190 million for ice storm cleanup

Ontario plans to provide up to $190 million to help hard-hit municipalities pay for the cleanup and recovery costs from the December ice storm, Municipal Affairs and Housing Minister Linda Jeffrey said Wednesday.

The money will be divided up among the 32 towns and cities across southern Ontario that requested financial help from the province, including Toronto.

But the dollar figure could change, given that some municipalities are still cleaning up from the storm, she said.

The costs the province will cover include warming centres, additional police expenses and cleaning the debris left by the storm, she said. THE CANADIAN PRESS

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People wait for transportation at Broadview and Gerrard streets Wednesday. Once again Toronto is under double digit negative temperatures.
COLIN MCCONNELL/TORSTAR NEWS SERVICE

Cold weather expected to last right into March

Nothing new. One expert says while this winter has been cold, it's not unprecedented in Toronto's history

Toronto issued its 27th extreme cold weather alert Monday morning, the most from the city in one winter since 2008-09. With forecasts predicting unseasonably cold weather well into March, Torstar News Service took a look at what's behind the bitter temperatures.

Although cold, climate historian Dagomar Degroot notes Toronto's current weather is not unprecedented. January was our 16th coldest on record, he said, tying 1963's mean temperature of -5.5 C. Our coldest, in 1994, measured -12.4 C.

Many will remember this winter for the polar vortex, which occurs when "the Arctic warms and the polar jet stream tends to move less quickly," Degroot said.

"When it does, it changes from this tight band that sort of seals off the Arctic and its temperatures, to this meandering stream." TORSTAR NEWS SERVICE

One benefit of the cold

- Tony Zammit, an ecologist with the Grand River Conservation Authority, said he is optimistic that the extreme cold will limit the spread of blacklegged ticks (formerly called deer ticks), which carry Lyme disease.

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Kings of Leon rock sold-out show

Kings of Leon frontman Caleb Followill belts out a song during the band's sold-out show at the Air Canada Centre last night. TOM PANDI/FOR METRO

Study pinpoints neighbourhoods in need of help

It's not all bad.
Toronto's healthiest areas include North Riverdale and Rosedale-Moore Park

In one-third of Toronto's 140 neighbourhoods, a large number of residents have not completed any post-secondary education, one of the "problematic" findings of an ambitious new research project by St. Michael's Hospital.

The hospital's Centre for Research on Inner City Health spent the past year developing a new tool that grades every neighbourhood in the city on 15 measures of health and well-being: everything from education to voting rates, the number of healthy food stores and the rate of premature deaths.

Researchers used 11 databases, extracting information and then geo-coding it, for example, based on postal code, to reveal precise details on neighbourhoods. Most of the information has never before been available drilled down to such a local level.

Sources of data include the Statistics Canada census and the community health survey, Toronto Open Data, boards of education, the Ontario health ministry and the Canadian Institute for Health Information. In each case, the most recent data available was used, some of which goes back to 2005.

"We are hoping that it points to the areas that have to be worked on in various neighbourhoods ... We are hoping it's going to drive change," said Pat O'Campo, director of the Centre for Research on Inner City Health.

TORSTAR NEWS SERVICE

In need

Among the neediest neighbourhoods is Beechborough-Greenbrook in the former City of York, where only 41.6 per cent of adults have post-secondary credentials.

- Another is Regent Park where 49.5 per cent of households are low-income.

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Omar Khadr a minimal threat, says ombudsman

Classification. Prison authorities urged to take into account evidence that Canadian former Guantanamo detainee has no more terrorist ties

Canadian correctional authorities have unfairly classified former Guantanamo detainee Omar Khadr even though they lowered his risk rating from maximum to medium security, the federal prisons ombudsman complains.

In a letter obtained by The Canadian Press, the Office of the Correctional Investigator urges prison authorities to take into account evidence that Khadr poses minimal threat and should be classified as such.

"(Correctional Service of Canada) officials also note that there is no evidence Mr. Khadr has maintained an association with any terrorist organization," the letter to CSC's senior deputy commissioner states.

The letter this month by Ivan Zinger, executive director of the independent Office of the Correctional Investigator, is the office's third such complaint since Khadr returned to Canada in 2012 to serve out the rest of an eight-year sentence for war crimes.

Corrections recently reclassified Khadr, 27, and transferred him from the maximum-security Edmonton Institution to the medium-security Bowden Institution in Innisfail, Alta.

But the ombudsman argues that doesn't go far enough, given that Khadr pleaded guilty in October 2010 to crimes he committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

Bieber exchanges swagger for stagger in latest video

In this Jan. 23 video frame grab released by the Miami Beach Police Department, singer Justin Bieber is shown walking unsteadily during a sobriety test at a police station in Miami Beach, Fla. The Miami-Dade county prosecutors released about 10 hours of video Wednesday. MIAMI BEACH POLICE DEPT./THE ASSOCIATED PRESS

Arizona anti-gay bill vetoed

Arizona Gov. Jan Brewer has vetoed a bill that set off a national debate over gay rights, religion and discrimination.

She announced the veto Wednesday after holding private meetings with opponents and proponents.

The bill backed by Republicans in the state Legislature was designed to give added protection from lawsuits to people who assert their religious beliefs in refusing service to gays.

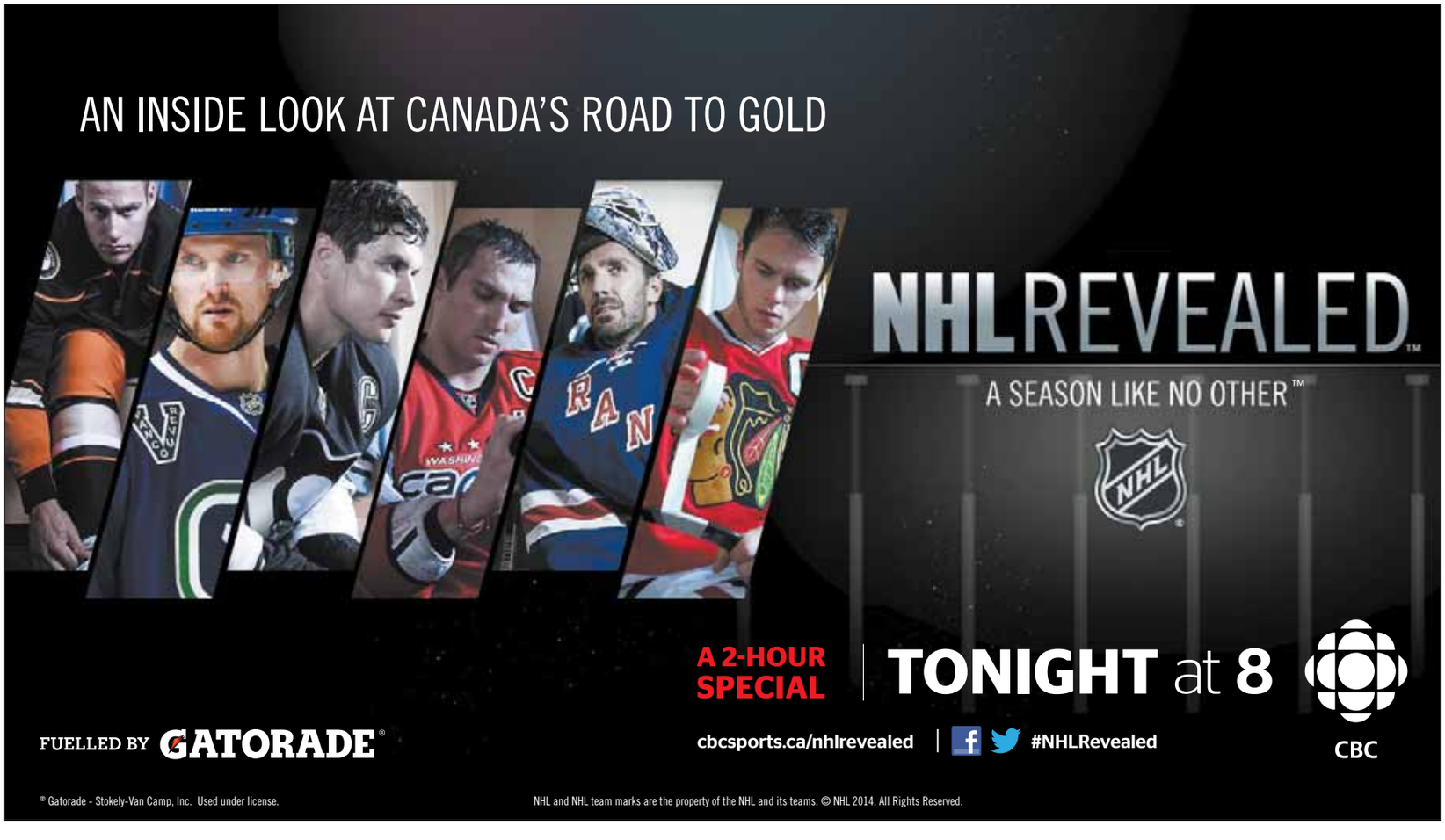
The state faced blistering criticism from major corporations and political leaders from both major parties.

The bill allowed any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination. Supporters call the bill a slight tweak to the state's existing religious freedom law. Arizona does not extend civil-rights protections to people based on sexual orientation. THE ASSOCIATED PRESS

Halifax

Missing woman's body found

The disappearance of Loretta Saunders is being treated as a homicide, after Halifax police said her body was found at about 4:30 p.m. Wednesday off Route 2 of the Trans-Canada Highway. THE CANADIAN PRESS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Utah. Confused Japanese tourists trigger massive police chase; ends well

The first night in the United States for a family of Japanese tourists ended with the parents being pulled from their rental car at gunpoint with their young son watching after their confusion about American traffic laws set off a high-speed pursuit in southern Utah.

The pursuit began at 1 a.m. Saturday on Interstate 15 near the Utah-Arizona border when the couple's car was spotted going just 60 kilometres per hour and swerving between lanes, said Lt. Brad Horne, Utah Highway Patrol's DUI unit commander.

More than a dozen patrolmen were working the area in a special impaired driving operation, and Horne said he figured the car was being driven by a drunken person. Horne turned on his lights and siren to pull the car over.

Instead of pulling over, the driver sped up to 120 km/h and began driving erratically, he said. The speeds fluctuated between 65 and 120 km/h as she weaved across lanes and into the shoulder.

Soon, there were three patrol cars in pursuit with other officers closing highway offramps and setting tire spikes miles ahead, Horne said.

"It was literally red and blue lights in every direction," Horne said. The couple's car skidded to a stop north of where the pursuit began when three of the tires deflated after hitting the spikes. Cops soon realized they were only confused tourists.

THE ASSOCIATED PRESS

From pursuit to help

Realizing they were dealing with language and cultural barriers, and not drunken fugitives, officers changed their strategy.

- **They located a cop who spoke Japanese to help.**

Drones school

Ethan Baron teaches journalism students

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Andrea Anthony and Jenny Peng. METRO

Langara College.
Students testing flying robots as support for news gathering

Up in the sky, look! It's a bird, it's a plane, it's Superman! … Wait, no, it's a drone that could be the future of news gathering.

Langara College's journalism instructor Ethan Baron is pushing his students ahead of the game, teaching them to use a drone equipped with an HD-camera, controlled by a smartphone.

It's the kind of device that could boost the concrete facts and information journalists yearn for, said Baron in Vancouver Wednesday. "You can have a fire, or a demonstration, or a riot, and that would allow you to see the scale of the event you're covering," he said. "Of course you would have reporters, photojournalists and video journalists on the ground covering whatever action is taking place, then you'd have an overview which is almost impossible to get at most news outlets these days because most can't afford what it takes to get that perspective.

"Think about something like the Vancouver riots when it was really dangerous for reporters and photographers to be out there," said Amy Jones, a journalism student. At a cost of roughly $1,200, Baron believes every newsroom in Vancouver will have one of these devices in the future.

"This is going to be a huge development in the ability of media outlets to cover news that they ordinarily wouldn't be able to get access to," Baron said.

"And to cover events, scenes and situations from different perspectives that were only available before if you had millions of dollars to spend on a helicopter."

The "Phantom 2 Vision" drone was donated to Langara for beta testing and educational purposes by DJI Innovations.

The device itself weighs 1.5 kilograms and is compact enough to be carried comfortably around. It's also equipped with a GPS and automatically returns to the controller should it go out of range. **SAM SMITH/FOR METRO IN VANCOUVER**

Phantom 2 Vision

"If you have one of these, then they can capture so much more footage."

Amy Jones, a Langara College journalism student

Benedict denies report

Italian journalist claims former pope pressured to leave

Retired pope Benedict has denied speculation that he was pressured to leave office.

Benedict wrote to the La Stampa newspaper amid a new round of speculation ahead of Friday's first anniversary of the resignation.

Italian journalist Antonio Socci suggested in the daily Libero that the resignation may have been invalid, claiming Benedict was pressured by some cardinals.

"There isn't the slightest doubt about the validity of my resignation from the Petrine ministry," La Stampa quoted Benedict as writing.

"The only condition for the validity is the full freedom of the decision. Speculation about its invalidity is simply absurd."

THE ASSOCIATED PRESS

King City, California

Cops accused of taking impounded cars

One-third of a central California town's police force was taken off duty after several officers were arrested in a scheme to take for themselves the impounded cars of some poor Hispanic residents, authorities said.

In the scheme, vehicles were impounded and towed, and when the car owners couldn't pay the fees, the vehicles were sold or given away for free to some officers, Monterey County District Attorney Dean Flippo said Tuesday. Four King City officers, including the recently retired police chief and the acting chief, have been arrested in the scheme, and two others were also arrested.

"There has been a significant breakdown in the internal leadership of the King City Police Department," DA Dean Flippo said.

THE ASSOCIATED PRESS

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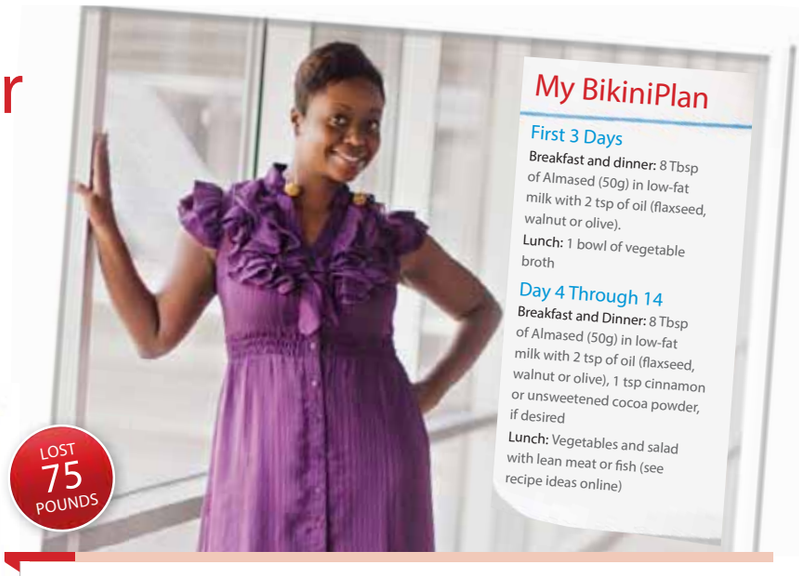
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In absentia

Egyptian court convicts terrorists

An Egyptian court convicted 26 people Wednesday of forming a terrorist group for an attack on the country's vital Suez Canal waterway, with almost all receiving death sentences in absentia.

The verdict by the Cairo Criminal Court came after judges held only one session in the case. One of the defendants, younger than 18, did not receive a death sentence, a statement announcing the verdict said.

Courts in Egypt routinely convict defendants and give the maximum sentence to those tried in absentia. However, once caught, the defendants receive an automatic retrial. The prosecutors charged the group with planning attacks on ships, as well as targeting security buildings, tourists, Christians and police. THE ASSOCIATED PRESS

Airstrike

Israel targets Hezbollah

Israel has opened a new front in its attempts to halt weapons smuggling to Hezbollah, striking one of the group's positions inside Lebanon for the first time since the sides fought a war eight years ago.

This week's airstrike, meant to prevent the Islamic militant group from obtaining sophisticated missiles, is part of a risky policy that could easily backfire by triggering retaliation. But at a time when the Syrian opposition says Hezbollah has struck a major blow for President Bashar Assad's government in neighbouring Syria by ambushing al-Qaida-linked fighters there, it shows the strategic importance for Israel of trying to break the Syria-Hezbollah axis.

THE ASSOCIATED PRESS

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Palestinians pray over remains of

Palestinians pray during the funeral of Sami Bsharat in Tamoun village near Jenin city killed in an operation by the Israeli army in 2003, . Recently Israel has been returning

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Ukraine's leadership lawmaker

Coffers to fill. The new leader will be walking into a country rife with financial problems

Leaders of Ukraine's protest movement on Wednesday proposed a top legislator as the country's next prime minister, while Russian President Vladimir Putin ordered major military exercises just across the border in a show of force and apparent displeasure over the country's new direction.

The new government, which is expected to be formally approved by parliament Thursday, will face the hugely complicated task of restoring stability in a country that is deeply divided politically and on the verge of financial collapse. The country's pro-Russian president, Viktor Yanukovych, fled the capital over the weekend.

At Kyiv's Independence Square, the heart of the protest movement against Yanukovych, the interim leaders who seized control after he fled proposed Arseniy Yatsenyuk as the country's new prime minister.

Yatsenyuk, 39, is a millionaire former banker who served as economy minister, foreign minister and parliamentary speaker before Yanukovych took office in 2010. Widely viewed as a technocratic reformer, he appears to enjoy

fighter returned by Israel

in the West Bank on Wednesday. The Palestinian militant was bodies of dead Palestinian militants to their families for burial.

protest pick top for PM

the support of the U.S.

The top U.S. diplomat for Europe, Victoria Nuland, was overheard discussing Yatsenyuk and other Ukrainian opposition figures in a bugged phone call that was leaked, saying "I think Yats is the guy who's got the economic experience, the governing experience."

If confirmed, one of the first jobs for Yatsenyuk and other members of his new Cabinet will be seeking outside financial help from the European Union and the International Monetary Fund. Economists say Ukraine is close to financial collapse, with its currency under pressure and its treasury almost empty. The acting finance minister has said Ukraine will need $35 billion US in bailout loans to get through the next two years.

Any such deal will require a new prime minister to take unpopular steps, such as raising the price of gas to consumers. The state gas company charges as little as one fifth of what it pays for imported Russian gas. The IMF unsuccessfully pressed Ukraine to halt the practice under two earlier bailouts, and halted aid when Kyiv wouldn't comply. A bailout may come with the condition that Ukraine lets its currency fall against the dollar and the euro, which would painfully increase the cost of imported goods.

THE ASSOCIATED PRESS

Man gets life for killing soldier

An al-Qaida-inspired extremist was sentenced to life without parole Wednesday for hacking a British soldier to death on a London street. Images of Michael Adebolajo, 29, holding a butcher knife and cleaver with bloodied hands in the moments after the May 22 killing of Lee Rigby sparked fears of Islamist terrorism in Britain. The self-described "soldier of Allah" was sentenced at Central Criminal Court along with his accomplice, 22-year-old Michael Adebowale, who received a minimum 45-year sentence. The day ended in drama when both men were pinned to the ground and led out of the courtroom after scuffling with guards and shouting "Allah Akbar" — "God is great" — at the judge moments before their sentences were read out.

THE ASSOCIATED PRESS

Michael Adebolajo
THE ASSOCIATED PRESS

Michael Adebowale
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Facelift for Renaissance frescoes

Rome. The World Monuments Fund Europe will allocate some $1.2 million for the restoration of 16th century artwork

Some of the most splendid frescoes in one of Rome's most stunning Renaissance palazzi are getting a much needed facelift.

The Carracci Gallery, a salon whose ceiling was frescoed with sensual nudes and playful cherubs to celebrate the wedding of a pope's niece, will be closed to tourists in the Farnese Palace until late spring 2015.

The palace is home to the French Embassy, which said Wednesday patronage of the World Monuments Fund Europe will help cover the €800,000 ($1.2 million) restoration of the 400-year-old frescoes.

Besides cleaning the paintings, restoration beginning mid-March involves repairing cracks and water infiltration damage.

With France facing European Union pressure to control public finances, Deputy Ambassador Erkki Maillard promised the restoration will be at zero cost to French taxpayers.

The palazzo's facade features details by Michelangelo. To admire the embassy's splendid interior tourists must make reservations for small weekly tours.

THE ASSOCIATED PRESS

Quoted

"So many tourists knock on our door and say, 'Can we come in and look?' "

Deputy Ambassador of France in Rome, Erkki Maillard

Cracks mark the section of the frescoed ceilings depicting queen Cassiopeia and king Cepheus of Ethiopia in the Carracci Gallery of the Farnese Palace in Rome.
DOMENICO STINELLIS/THE ASSOCIATED PRESS

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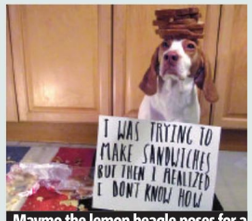
Give your dog a break?

Behaviourists say dogs lack shame

The next time you start shaking your finger and shouting "Shame on you!" because your dog chewed up your favourite fuzzy slippers, just remember that no matter how guilty your dog looks, it doesn't know what your rant is about.

Behaviourists insist dogs lack shame. The guilty look — head cowered, ears back, eyes droopy — is a reaction to the tantrum you are throwing now over the damage they did hours earlier. Scientific findings haven't put a dent in the popularity of online dog shaming sites like dogshaming.com and shameyourpet.com. In posted photos, dogs wear humorous written "confessions" and often are surrounded by the remnants of their misdeeds.

THE ASSOCIATED PRESS



Maymo the lemon beagle poses for a shame illustration.
JEREMY LAKASZCYCK/THE ASSOCIATED PRESS

Chile. Toxins from algae likely poisoned whales millions of years ago.

In this Aug. 24, 2010 file photo a prehistoric whale fossil lies in the Atacama desert near Copiapo, Chile. MUSEO PALEONTOLOGICO DE CALDERA, FILE/THE ASSOCIATED PRESS

Scientists investigating a graveyard of marine mammal fossils near Chile's northern coast say toxins generated by algae blooms most likely poisoned the animals millions of years ago.

The study by a team of Chilean and Smithsonian Institution scientists was published Wednesday in the journal Proceedings of the Royal Society B.

The experts travelled to Chile's Atacama region in 2011 to unearth one of the world's best-preserved graveyards of prehistoric whales.

Other unusual creatures found at the "Whale Hill" site include an extinct aquatic sloth and a walrus-like toothed whale.

Scientists say the "orientation and condition" of the skeletons show that the animals "died at sea, prior to burial on a tidal flat."

The remains were first found by highway construction workers in 2010.

THE ASSOCIATED PRESS

Avalanche deaths spike after storms dump snow

Wind scours a snowy ridge in the Indian Peaks Wilderness near Nederland, Colo., Wednesday. Lots of snow and strong winds are prompting forecasters to issue warnings of considerable or high avalanche dangers for many areas outside of established ski areas. BRENNAN LINSLEY/THE ASSOCIATED PRESS

Avalanche warning.

Too much snow, strong winds overloading weak layers of old snow, experts say

Skiers and snowboarders rejoiced when a series of storms dumped several feet of snow in the mountains across the West, after what had been a disappointing start for those seeking fresh powder in the backcountry.

But all the new snow and strong winds in the past month have fueled dangerous conditions from the Cascades to the Rockies, prompting forecasters to issue warnings of considerable or high avalanche danger for many places outside of established ski areas.

Seventeen people have died in an avalanche this winter, 11 of them since early February. Many more skirted disaster and survived with broken bones or other injuries. Some were partially buried in snow, but managed to dig themselves out or were dug out by companions.

The latest death, last weekend, came when a 49-year-old man was buried by a slide while snowmobiling in the West Cabinet Range near the Idaho-Montana border. His friend was buried with only his face exposed, but was dug out with no injuries, according to the Flathead Avalanche Center, which rated the slide forceful enough that it could destroy a car. The avalanche danger the day before, the last time conditions were updated, was high.

That same day in the Whitefish range in western Montana, three other snowmobilers escaped injury in two separate incidents when slides swept them down the slope.

THE ASSOCIATED PRESS

Not high but intense

Avalanches have killed on average about 28 people a year over the past 10 years, according to the Colorado Avalanche Information Center in Boulder.

- The deaths so far this year aren't unusually high, experts say, but have come during a short time period. What has been unusual is how large and intense the slides have been.
- According to the Colorado Avalanche Information Center, several recent avalanches ran larger than any in the past 20 years.

Rat-bite fever victim

Family suing store after son's death

Aidan Pankey and one of his pet rats. PANKEY FAMILY/THE ASSOCIATED PRESS

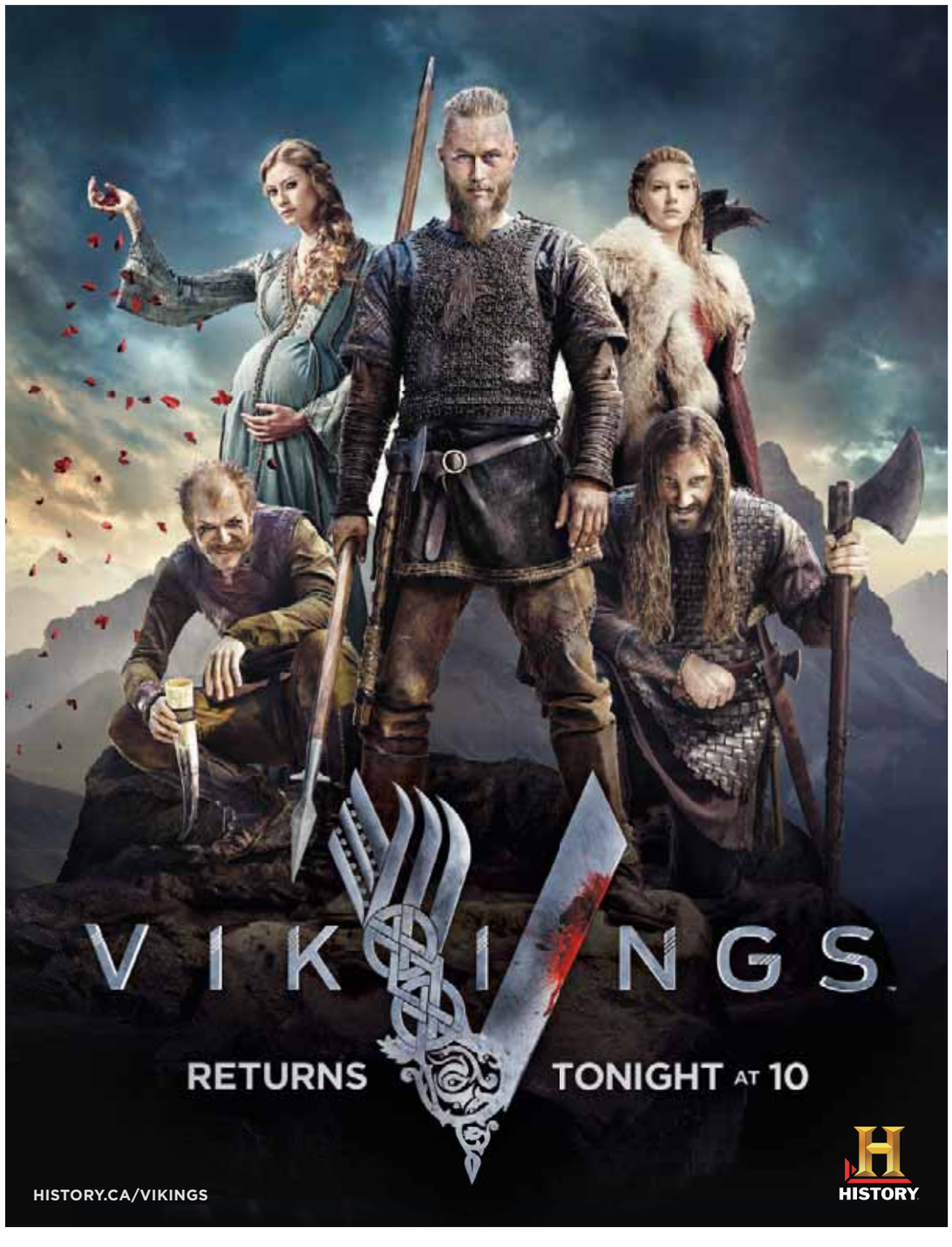
The family of a 10-year-old San Diego boy who died from streptobacillus moniliformis infection, commonly known as rat-bite fever, that he reportedly got from his pet rat, is suing retailer Petco to raise awareness among parents, their lawyer said. Aidan Pankey died June 12, 2013, hours after he was rushed to the hospital with severe stomach pains. THE ASSOCIATED PRESS

Philip Seymour Hoffman

Suit settlement creates foundation

Philip Seymour Hoffman
GETTY IMAGES

A close friend of Philip Seymour Hoffman has settled a libel lawsuit against the National Enquirer by creating a playwriting foundation to be initially funded by the tabloid. The Enquirer said it "responsibly acknowledged its error" for a story that purported to be an exclusive interview with David Bar Katz, a playwright who discovered Hoffman's body. THE ASSOCIATED PRESS



Senators resort to scare tactics in Keystone battle

Pipeline. U.S. politicians trot out scary tales from Alberta in bid to get Obama to reject contentious project

Horror stories about the Alberta oilsands' impact on human health are being shared in Washington, D.C.

A pair of anti-Keystone XL senators invited witnesses Wednesday to provide anecdotes about the effect on people near sites where the oil is extracted, transported and refined.

They hope these human-interest stories might influence the Obama administration as it prepares its final decision on the Keystone XL pipeline.

One of the speakers at the event was John O'Connor, an Alberta doctor.

Anecdotal evidence

"Health miseries follow tarsands from extraction, to transport, to refining, to waste disposal."

Barbara Boxer, chair of the Senate environment committee

He first went public in 2006 with concerns about what he considered to be elevated cancer rates around Fort Chipewyan, Alta.

Many of the 1,200 residents believe their proximity to oilsands development and major forestry mills in Fort McMurray have led to contamination of water and wildlife and a higher rate of cancer and other illnesses.

The event organizer said she would send a letter to her longtime colleague in the Senate Democratic caucus, current Secretary of State John Kerry, asking him to consider human health as he prepares a recommendation to U.S. President Barack Obama.

"I have shown you, or at least I have told you, how health miseries follow the tar sands," said Barbara Boxer, the chair of the Senate environment committee, at a news conference.

Boxer said the health aspect has been overlooked in the discussion and was disappointingly absent in the State Department's recent environmental report, which predicted no significant effect on carbon pollution whether or not the pipeline is built.

THE CANADIAN PRESS

Home sweet (tiny) home

In January, Betty Ybarra stands outside a tiny house she and her boyfriend live in, in Madison, Wis. While tiny houses have been attractive for those wanting to downsize or simplify their lives for financial or environmental reasons, there's another population benefiting from the small-dwelling movement: the homeless. There's a growing effort across the U.S. from advocates and religious groups to build these compact buildings because they are cheaper than a traditional large-scale shelter, help the recipients socially because they are built in communal settings and are environmentally friendly due to their size. THE ASSOCIATED PRESS

Retail

Target Canada loses almost $1B since March open

Canada's lukewarm reception to Target's first expansion outside the U.S. contributed to a nearly $1-billion loss for the discount retailer. Target reported its Canadian segment had a $329-million US loss before interest and tax items in the fourth quarter ended Feb. 1.

THE CANADIAN PRESS

Market Minute

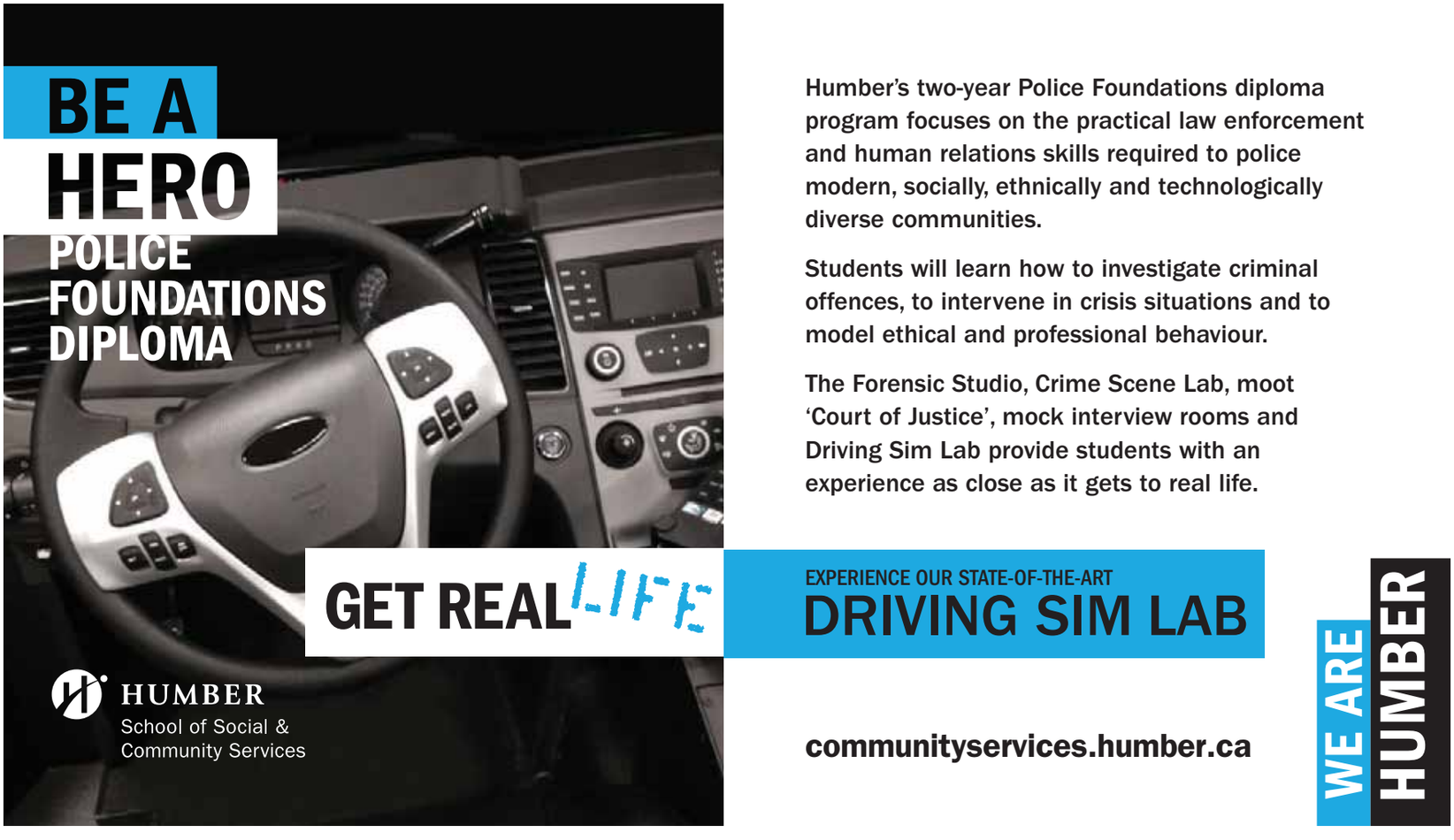
DOLLAR 89.86¢ (-0.34¢)

TSX 14,188.58 (-0.40)

OIL $102.59 US (+$0.76)

GOLD $1,328 US (-$14.70)

Natural gas: $4.53 US (-$0.13)
Dow Jones: 16,198.41 (+ 18.75)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LEGAL NOTICE

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Jerusalem, Israel

To: Dsa Moeketsi Saba
513-90 Parma Crt
Toronto On M4A 1A6, Canada

Announcement of filing action

On the 11/9/2013 Moeketsi Ernest filed against you for the sale of your joint property - an apartment in Jerusalem in 125/61 Bethlehem Street.

You are requested to respond in 30 days from today.

Note that with no respond within 30 days,
A decision will be taken based on the papers filed to court.

Details with Advocate
Rachel Gidron-Ikonomou
Bat-Yam, Israel
Phone no. 00-972-3-5061549
Fax no: 00-972-3-6597098

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Ever find $7M under your couch cushions?

The feds did. National coffers got big boost from bank accounts forgotten long ago

When it comes to balancing the country's books, it's the equivalent of finding loose change under a couch cushion. But each penny surely counts for a Conservative government desperate to press every bit of cash into paying down the deficit.

Federal coffers got a $7-million top-up over the last eight years, all without a single tax being raised or any spending being cut.

So what's behind this modest windfall? Long-forgotten bank accounts.

Penny pinching: Feds got a big bump from forgotten bank accounts. THE CANADIAN PRESS

If a bank balance goes untouched for 10 years and no one can find the account owner, the money is transferred to the Bank of Canada.

The central bank holds on to amounts of less than $1,000 for another 30 years, while it keeps amounts above $1,000 for 100 years. If no one steps forward to claim the money after all that time, the money is transferred to the receiver general and goes into the consolidated revenue fund. The government can use that money as it sees fit.

The Bank of Canada says at the end of December, it had about 1.4 million unclaimed balances, worth $532 million, on its books. The bank adds that it paid out $14 million last year to account holders who came forward to claim their cash. THE CANADIAN PRESS

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TORONTO TRANSIT COMMISSION

HOW TO SCORE A DATE

HE SAYS

John Mazerolle
metronews.ca

There was a time when online dating was an embarrassing ordeal, but now it's so commonplace that you'd be an idiot not to have an online profile.

Sure, you might have a loving spouse and a beautiful child, but you haven't truly lived until you've experienced the thrill of a suitor who eyes your 1,500-word profile, feels a moment of inspiration and writes, "Hey."

I spent so many years on dating sites that it might be the Stockholm Syndrome talking, but I really came to enjoy the myriad of ways people misspelled even the simplest English words. "Beautyfull girl with nothing too loose lokking for someone spatial!"

With enough hours online to merit a Malcolm Gladwell reference, a friend of mine recently asked me to offer advice about her profile. I was honoured. In reply, I've written this can't-miss list of online dating tips that will have her — and your — inbox filled with so many yo's and sup's that the NSA won't have the resources to keep up.

Love Bytes: A Guide To 'Electronic Dating'

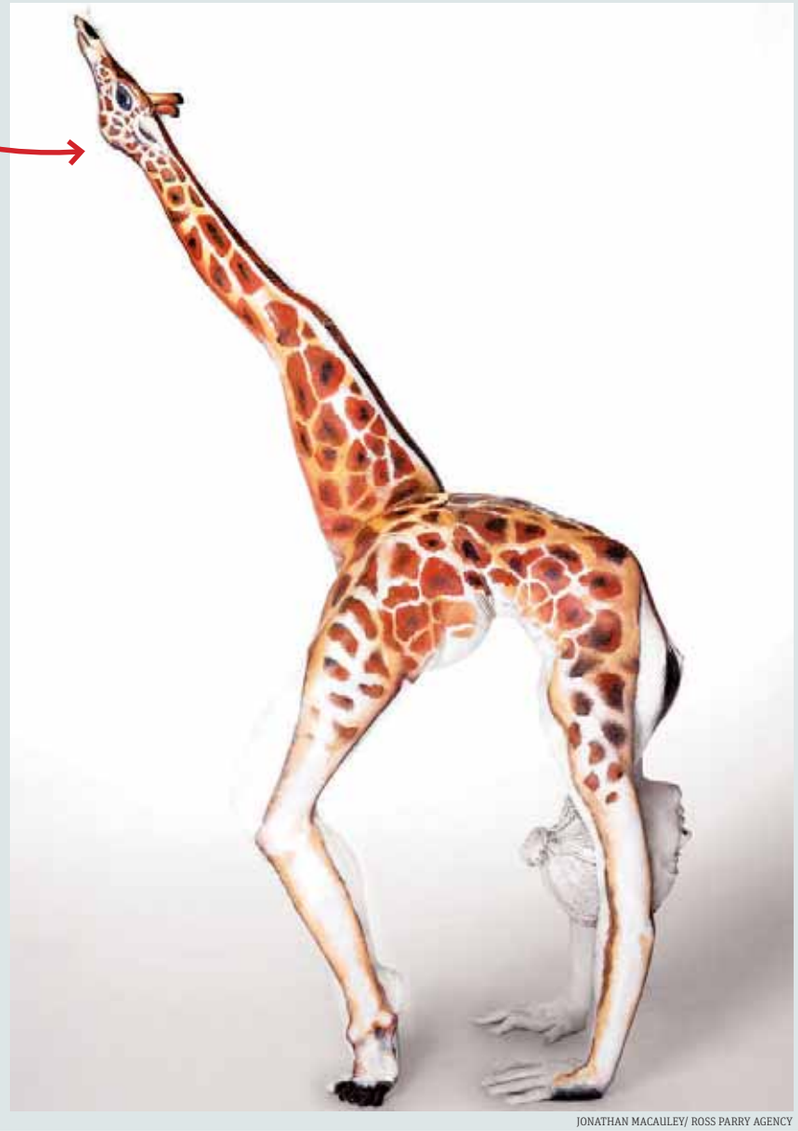
- Your profile name, or handle, should include your full name and address to speed things along.
- Next comes the tagline. Reel in potential suitors with so-called "clickbait" headlines, like "You Won't Believe What Happened To The Last Guy I Dated."
- Never lie, unless you're older or heavier than you want to say you are, in which case go to town.
- Ask a compelling question to prompt more meaningful messages. "If God loves us why must people suffer?" and "Are gravitons fundamental in string theory?" are both great conversation starters.
- Be specific. Wrong: I'm quirky and fun. Right: I am the mayor of Toronto.
- Be sure to list all the things you DON'T want, especially freaks, flakes and game-players, in angry detail. Ranting about previous partners with absolutely no prompting lets people know you mean business. It's no different than when you apply for a new job and your cover letter says, "I'm a good worker, so you'd better not be a lame company or I walk."
- Be sure to pepper the profile with LOLs. Besides their inherent aura of intelligence and charm, the mental image of you laughing at each sentence you write as you sit alone with your laptop is irresistible.
- Taking a selfie in your bathroom mirror shows off your body and your bathroom, which is an efficient way to convey two important pieces of information.
- Big group shots with friends are great, because it shows there is a Plan B, C and D.

And that's my advice. I hope you found it helpful. One last word if you're an older person who is still afraid of technology: Learn to embrace computers and smartphones for your dating needs. Otherwise, you'll be dating yourself.

ZOOM

Artist bends body into an animal

At first glance it looks like a giraffe, but a closer inspection reveals the body of a gymnast contorting herself into the shape of the exotic animal. Beth Sykes, 20, from Featherstone, Yorkshire, in north England, says it was a "spur of the moment" decision to transform her body into that of the long-necked creature. **METRO**



JONATHAN MACAULEY/ ROSS PARRY AGENCY

The gymnast

"We just thought one day that it would be cool to paint me as a giraffe. Then finally we had some time and decided to do it. It took six hours of painting but it was worth it."

Contortionist Beth Sykes
Sykes teamed up with her friend and body art painter Emma Fay to produce her giraffe-like look.

All paint, apart from the ears

Fay the artist painted the head of the giraffe on one of Sykes' feet, and hooves on the other foot and one hand.

"The only bit that wasn't my body was the giraffe's ears — we made them out of a foam yoga mat," added Sykes.

METRO

Clickbait

DYLAN ROBERTSON
Metro Online

Worried about how loud sounds affect your health? Perhaps you're curious how noisy your neighbours really are. Your smartphone can be used as a decibel meter thanks to these free apps.

CONTRIBUTED

Decibel 10th:
This app includes a graph similar to a heart-rate monitor. It also tells you what your current sound environment is comparable to, like a hushed conversation or a plane taking off. A similar Android app is Sound Meter.

Decibels:
A camera comes with this app, allowing you to capture a photo along with the volume level at the time.

Decibel Ultra:
The two meters in this app measure both ambient sound and incoming noises. A number of sophisticated features allow you to calibrate the app's precision.

Twitter

@metropicks asked: Zuckerberg wants to give the whole world free Internet access hoping they will invest. Is it a good idea?

@auditorydamage: I'm sure this totally won't end up concentrating even more power in FB, which totally won't be abused at all.

@Canucklehead_ca: Good idea? No. GREATEST IDEA! If you're unable to look at cat pictures & argue with strangers, well ... that ain't living.

@ctmwyn: reducing the technology barrier can't be bad, unless users are forced to sell their personal information before given access.

@cableknitdragon: No because the last thing the internet needs is more facebook.

Follow @metropicks and take part in our daily poll.

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SCENE 2

Hey YOLO, so play bike polo

Toronto International Bicycle Show. Niche sport will take place at this year's event, so why not check it out? Just think of it as ice hockey on two wheels

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Get in gear: There are estimated to be 20,000 bike polo players across North America. ISTOCK

Hidden amongst the speeding mountain bikers, high-flying BMX-ers and retail booths at this year's Toronto International Bicycle Show are a cadre of cyclists using their pedal powered vehicles for something other than going from A to B.

The second annual Great Lakes Winter Classic tournament promises to showcase some of North America's greatest bike polo players to Toronto's cycling community, even if many in that community aren't exactly sure what bike polo is.

"It's still quite a small, niche thing," admits tournament organizer John Hayes.

He estimates that there are about 20,000 bike polo players across North America, roughly the same number of people expected to move through the Better Living Centre at Exhibition Place during the Bike Show's three-day run. "It's unusual for us to be playing in front of such big crowds."

Although its name suggests the equine sport favoured by upper-crust Britons, Hayes, who moved here from London, England last year, likens the sport more to ice hockey on a bike.

Usually played on a concrete court, teams of three use mallets to shoot a street-hockey ball into their opponents' net. The first team to five points wins.

The Winter Classic is only in its second year but is already regarded as one of the first big tournaments of the year in this fast-growing sport. Twenty-four teams are expected this year, including last year's winner, Mallets of Mayhem from Ottawa.

But it's the camaraderie rather than competition amongst riders that attracted Hayes, now 31 years old, to the sport in 2009. "It's still at a stage where everyone knows each other," he says.

He hangs out with his bike polo friends even when they're not playing on the courts at Dufferin Grove Park. "They're really friendly people."

Great Lakes Winter Classic at the Toronto International Bicycle Show – Feb 28-March 2. Exhibition Place, 200 Princes' Blvd. See bicycleshowtoronto.com for more details.

Details

- This relatively new sport already has a network of players, tournaments and specialty equipment available for players of all levels.
- The majority of bike polo players live in Canada and the U.S. but the sport is played in Europe and Australia as well.
- There are local, regional and qualifying tournaments held all across the continent.
- Hayes estimates that there are about 50 tournaments held each year, with two running concurrently most weekends in the summer months.

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Is Annie Clark afraid of the dark?

Solo. Toronto actress takes her first leading role in a freaky twist on the summer camp horror genre

ADAM NAYMAN
scene@metronews.ca

Annie Clark. CONTRIBUTED

"I'm a city girl," says Annie Clark, and she plays one in Solo, a low-budget but high-efficiency Canadian horror movie about a young woman stranded on an island somewhere in the wilds of Ontario.

Clark's character, a troubled teenager named Gillian, is reluctantly taking part in an initiation exercise where new camp counselors have to spend two nights roughing it in the wilderness; as the film goes on, it becomes increasingly clear that she's far from alone. "I was actually going to become a camp counselor," says the 21-year-old Toronto native. "But when I got to the point where I really had to do a solo, I was terrified. I quit camp before I had to do it, but (with this movie) I had to sort of do it anyway."

As its title suggests, Solo is a pretty focused showcase for its leading lady, who spends a lot of her screen time acting in a vacuum. To say more about the other characters would be a spoiler, but there aren't very many of them. "When I first started reading it, I thought Gillian was going to die in the first few minutes," laughs Clark, who is branching into feature film work after a stint on Degrassi: The Next Generation.

Clark is still a relative newcomer, but she's already familiar enough with the business to know that it's important for a young actress to make discerning choices when it comes to roles. "I want to do things I feel strongly about rather than just taking what I can get."

Solo is a small movie, but with its stripped-down premise and skillfully engineered scares, it's the sort of indie that's bound to travel: Clark says a friend in Costa Rica sent her a photo of a bootlegged DVD. And despite her earlier aversion to intense camping experiences, she says that shooting the movie in Muskoka was a down-and-dirty blast. "I did my own stunts," she reports of the shoot, which also required the crew to improvise bathing routines in the absence of showers. "I had bruises all over the place, but I was proud of them."

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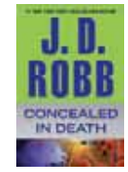

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Weeks on List: 2

This Week		Weeks on List
3.	THE INVENTION OF WINGS Sue Monk Kidd	8
4.	DEADLINE Sandra Brown	5
5.	THE DEMONOLOGIST Andrew Pyper	7
6.	LIFE AFTER LIFE Kate Atkinson	8
7.	MY JOURNEY Olivia Chow	6
8.	PRIVATE L.A. James Patterson	3
9.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	7
10.	THE TRIPLE PACKAGE Amy Chua	4
★ 11.	THE MUSEUM OF EXTRAORDINARY THINGS Alice Hoffman	1
12.	THE AWESOME GUIDE TO LIFE Jason Ellis	2
13.	CONFESSIONS OF A WILD CHILD Jackie Collins	4
14.	ALL JOY AND NO FUN Jennifer Senior	5
15.	THE MOMSHIFT Reva Seth	3
16.	THE POUND A DAY DIET Rocco Dispirito	8
17.	THE START HERE DIET Tosca Reno	8
★ 18.	THE FUTURE OF THE MIND Michio Kaku	1
★ 19.	THE CHASE Janet Evanovich	1
★ 20.	THE UNDEAD POOL Kim Harrison	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending March 3rd
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Kyle Shore, 24, Porters Lake, Nova Scotia

How did you react when you found out you were selected?
For once in my life I was speechless. It's like if you're with a girl and her dad walks in and you just freeze like a deer in headlights. That was the feeling.

What's the one word you'd use to describe yourself.
Outgoing, because I love to party. I have to be social and in the scene. I'll try anything once.

What do you do back home?
Personal trainer. I'm waiting to get into either policing or the military. I can't be a desk jockey. I've got to keep moving.

You're outspoken. Are you worried about offending people?
I've done university speeches where I've had to watch my slang and s— like that.

4 Big Brother house guests

If you thought contestants on the first season of Big Brother Canada brought the drama, get ready for drama on crack in Season 2. We asked four of them to reveal what Canadians can expect when the show premieres March 5 at 9 p.m. ET on Slice.

MAE BOWRING
for Metro Canada

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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Rachelle Diamond, 20, Edmonton

What were you doing before the show?
I'm in my third year of psychology at the University of Alberta. I hope to get my PhD and become a marriage and family counsellor.

Use one word to describe yourself.
Loud. I tend to get loud when in a group because I'm trying to get my point across. I'm expressive and always say what's on my mind.

What character trait might get you into trouble on the show?
I'm not very good at listening to people. I interrupt people, but I don't mean to. That could be an issue because it's important for people to feel heard.

Which past contestants do you identify with the most?
I'm a mix between Jillian (MacLaughlin) and Talla (Rejaei). Jillian's calm and collected and Talla's crazy. I'm in the middle.

Arlie Shaban, 25, Stouffville, Ont.

Which past contestants are you most like?
Strategically, I would play like Emmett (Blois) did. His was pretty flawless. Personality-wise, I'll be like Aneal (Ramkissoon). I liked his mindset about the game. He didn't have enough clout in the house to actually do what he wanted to but he had a good understanding of what was going on.

What's your strategy?
All of the past players say you can't plan too far ahead. I'm going to go in there and be the guy that everyone likes. I'm going to be funny, tell some stories, cook some great meals and do the cleaning. I want people to want to keep me around.

I can tell you're confident about your chances
Strategically, I'll be running the show. I think I'll get everyone to do exactly what I want them to do in a way that they don't know that I'm the one in charge.

What happens if you win?
The experience, to me, is more life-changing than the money. I would just do the same thing I'm doing now with my life. I'd probably take my friends and family on a nice vacation. I'm not going to blow smoke about donating 50 per cent to charity. Sure I'll be a nice guy with the money but it will be with the people who are close to me.

Anick Gervais, 28, Sudbury, Ont.

What did you do before Big Brother Canada?
I'm a business development specialist. It's a fancy word for sales person for a mining company. I might not have a job when I go back. I'm pretty awesome at what I do, so I'm not too worried.

Any other hobbies?
I'm a Reiki master so I work with energies. I'm also studying reflexology, so I give a mean foot massage.

So you'll use that to your advantage?
If somebody's stressed out and HOH (head of household) then I'll be like, 'Hey I'll give you a session if you don't nominate me (for eviction)'. I'll also use my bartering skills.

Are you worried about how you'll be portrayed on the show?
People always expect the unexpected with me so anything I do, people won't be surprised. Once I met a guy in a bar and less than a month later I lived in Scotland. I just pack up and go. I'm a bit of a gypsy.

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Maya was shocked by the change in the appearance of her hair. Fullness and volume were replaced by thinness and lifeless hair.

"My Hair Was Thinning"

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. I didn't even recognize my own hair. How could this happen?

Had to do something

Much of my personality is in my hair, and I did not want to have the same problem as my mother did. I tried many things but none solved my problem. I had heard about the importance of nutrition for healthy hair, so I decided to focus on the inside rather than on the outside.

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Maya N., Sweden

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Victorian cop drama. Ripped from TV, but revived through deal with Amazon

Ripper Street has been rescued. The Victorian detective drama was cancelled by the BBC earlier this year after two seasons because of poor ratings. But after an online campaign by fans, producers announced Wednesday that it will return for a third series through a deal between the British broadcaster and online retailer Amazon.

Filming begins in May on the new series, which will be shown first on Amazon's Prime Instant Video service before airing on BBC television.

Matthew Macfadyen and Jerome Flynn return as 19th-century police fighting crime in the sordid streets of London's East End in the years after the notorious Jack the Ripper murders.

Amazon's move into TV production follows the model of video streaming service Netflix, which produced the hit political thriller House of Cards. Netflix also revived comedy Arrested Development after it was cancelled by network Fox.

Matthew Macfadyen stars as Det. Insp. Edmund Reid in a scene from Ripper Street. JONATHAN HESSION/TIGER ASPECT/BBC

BBC drama boss Ben Stephenson said the Amazon deal was "an exceptional opportunity" to bring the show back that would please fans while freeing up BBC money for new drama series.

Ripper Street writer Richard Warlow said the partnership between the BBC and Amazon would allow him "to make the show that I always imagined from the very beginning — with slightly more bells and whistles, actually."

THE ASSOCIATED PRESS

Mayim Bialik still boosting breastfeeding

Mayim Bialik may be done nursing her two sons, but she's still more than happy to defend the practice of breastfeeding in public. "I think anywhere you give a bottle, you breastfeed. I would try and be absolutely respectful and conscious of the community I was in, but I don't believe you need to cover up a baby eating anymore than you need to cover up a baby drinking a bottle," the Big Bang Theory star tells the Huffington Post.

Mayim Bialik

Katy Perry and John Mayer ALL PHOTOS GETTY IMAGES

They're in, then they're out

So much for the engagement rumours. Katy Perry and John Mayer have reportedly split up once again, according to Radar Online.

The couple's second go at romance — after an earlier breakup — seemed to be going well, with each being very forthcoming in interviews about their feelings for each other. They even duetted on Mayer's Who You Love, and Perry was spotted recently with a diamond on her finger than many thought signalled impending marriage. But it was reportedly Perry herself who initiated the split.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lawrence looks at year-long vacation

MELINDA TAUB
Metro World News in New York

Have we loved Jennifer Lawrence so hard that we broke her?

Despite — or because of — our affection, the world's most adored actress is planning to take a lengthy hiatus from acting, according to Harvey Weinstein. "She's going to have a long break for a year where she won't do anything. It's been non-stop for her and she deserves a rest," Weinstein, who produced Silver Linings Playbook, told the U.K.'s The Sun.

Why does Jennifer need a rest from being a movie star? Apparently, carrying two major movie franchises while also starring in a steady stream of Oscar bait (not to mention being relentlessly charming in interviews) can wear on a person. "Jennifer is too nice and will do people favours and agrees to do a movie like American Hustle when she could have had a rest," Weinstein said. "She signed on to do Hunger Games when she was young and wouldn't have realized how much it would dominate her life. But she's a professional and always will be."

Well, OK. I guess she can take a break, as long as she comes back — and assigns a substitute to make fun of Sarah Jessica Parker's hats in her stead.

Twitter

@ElizabethHurley
Just joined a gym for the first time in 20 years. About to have a fitness assessment. Gulp.

@SarahKSilverman
My morals aren't the same as your morals

@AlbertBrooks
I hope Netflix never opens a restaurant

Robin Thicke

Robin in Thicke trouble with his fans

Robin Thicke may be breaking up with his fans along with wife Paula Patton. The Blurred Lines singer cancelled yet another show on his U.S. tour earlier this week, the third consecutive show to be scrapped. "Due to unforeseen circumstances, Robin Thicke will postpone his performance at Harrah's Cherokee," the North Carolina casino announced on its website. "This concert will be rescheduled and the new date announced as soon as possible." Thicke also bowed out of shows last week in Atlanta and Orlando, citing vocal problems. "I never want to let down my fans, but I have unfortunately lost my voice and cannot perform," said Thicke, who announced on Monday that he and Patton are separating. If this keeps up, the Boston University students who started a petition to cancel Thicke's March 4 concert there — on complaints of his "misogynist music" — might not have anything to worry about.

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LIFE 3

Kloss is now in session: We want those moves like Karlie

She walks the walk...
And talks runway season, that trademark stride and her inner hopeless romantic

RICHARD PECKETT
Metro World News

Karlie Kloss rapidly became a runway mainstay after being discovered in 2005 at age 13. HANDOUT

Karlie's career is on pointe

"Ballet was the best training I could have had for a modeling career."
Karlie Kloss

Karlie Kloss is one of those rarefied models that women obsess over and men lust after. Now her stock is so high rumour has it the American-born model can only be booked for shows through special arrangement.

You've got the most confident walk in the business. Do you find being on the runway empowering?

I do. I really enjoy being on the runway. It's a very different part of my job compared to photo shoots. It's a performance similar to the ballet performances that I remember from growing up, so I enjoy runway shows because of that.

How did ballet prepare you for the modeling industry?

Ballet was the best training I could have had for a modeling career. It teaches movement, gracefulness and how to express emotion. Telling a story through movement is very important in a modeling career.

Valentine's Day has recently come and gone. Did you buy into it or are you a cynic?

Well I do like Valentine's Day. I like any excuse to show some warmth and love. I think that goes for not just your boyfriend or girlfriend but it's also an excuse to write a love note to your friends, your mom, anyone.

Are you a romantic?

I am. I am a romantic. Yeah, it's also a good holiday for good chocolate.

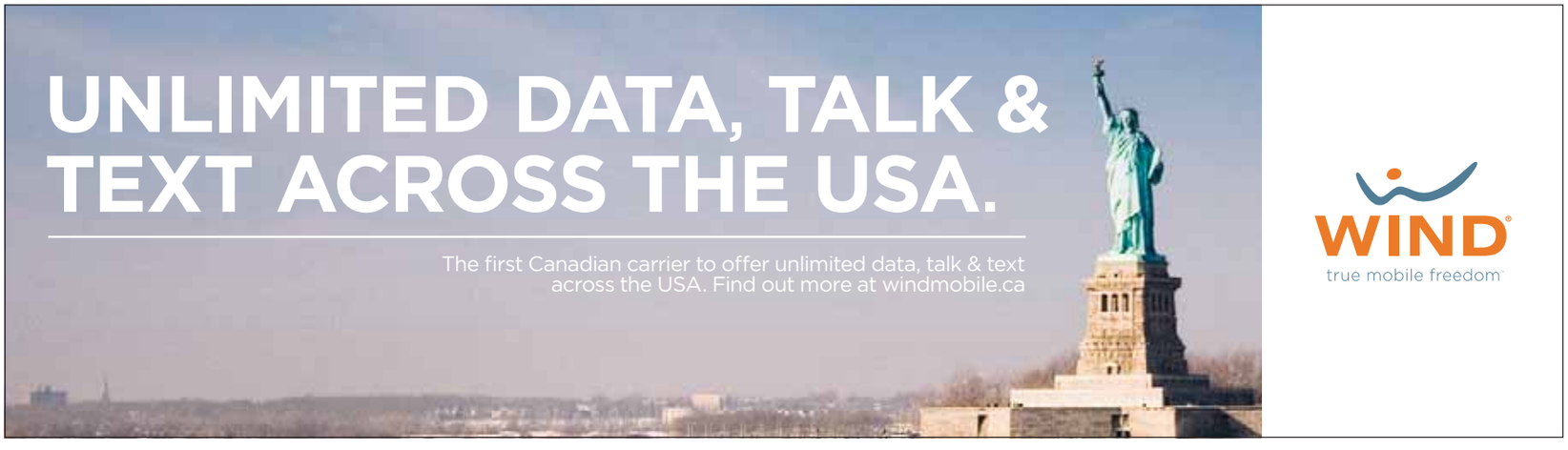
What's the cheesiest chat-up line you've received?

Hmm, cheesiest chat-up line: "Did it hurt? Did it hurt, angel, when you fell from heaven?" It's an automatic game over.

You're photographed in lingerie a great deal — a look that men's magazines like to perpetuate as real-life. Is this the case?

No, I'm into sweatpants and my boyfriend's T-shirt. I like to be totally boring and watch [American] football, there's no fancy lingerie. But on a special occasion it's always fun to get dressed up and that's why there's some good stuff here at Victoria's Secret.

Good plug.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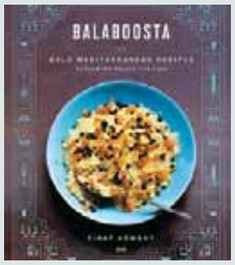
Cookbook of the Week

A mixture of cultures and tastes



As a mother, wife and chef who runs three busy New York City restaurants, Einat Admony knows about being a New Age "balaboosta" (Yiddish for "perfect housewife"). It makes sense then that her cookbook shares the same name.

Balaboosta offers 140 recipes that blend Admony's mixed Israeli heritage (Yemenite, Persian) with the Mediterranean palate she developed working in New York City. Among the dishes in the book are: Spicy Chicken Tagine, Fenugreek Fried Bread, Yemenite Oxtail Soup and more. METRO

Flavoured from the inside out

"This is the classic Mediterranean preparation for fish, without all the fancy filleting, searing, steaming, or curing," writes Einat Admony in her book Balaboosta: Bold Mediterranean Recipes to Feed the People You Love. "The key is to layer the ingredients inside the fish, instead of on top, so that the flavour permeates every last ounce of the meat."

Ingredients

- Four 1 1/4-lb whole branzino, gutted and cleaned
- 4 fresh thyme sprigs
- 4 fresh rosemary sprigs
- 4 garlic cloves
- 1 lemon, sliced into 8 rounds
- Olive oil

Yogurt Dill Sauce

- 3/4 cup non-fat yogurt
- 1 garlic clove, coarsely chopped
- 2 tbsp fresh lemon juice
- 1/2 tsp kosher salt
- 1 tbsp olive oil
- 1 tbsp finely chopped fresh dill

1. Preheat the oven to 350 F.

2. Pat the skin dry on the branzino with a few paper towels. Stuff the cavity of each fish with one sprig each of thyme and rosemary, one garlic clove, and two slices of lemon. Place the fish on a baking sheet lined with parchment paper and drizzle with olive oil.

3. Roast in the oven until cooked all the way through, about 30 minutes.

4. Meanwhile, make the yogurt dill sauce: Combine the yogurt, garlic, lemon juice, and salt in a blender. Puree until smooth, then very slowly add the olive oil in a thin stream. Scrape the yogurt mixture into a bowl and stir in the chopped dill. The sauce can be made ahead of time and kept in an airtight container in the refrigerator until ready to use.

5. Serve each fish with the yogurt dill sauce. EXCERPTED FROM BALABOOSTA BY EINAT ADMONY (ARTISAN BOOKS). COPYRIGHT (C) 2013.

This recipe serves four. QUENTIN BACON

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Downtown condos and lofts aim to get creatives with live-work units

A home where you can work. Projects billed raw and organic play to popularity of exposed-brick loft life

CONDO TRENDS
Duncan McAllister
life@metronews.ca

The Ten93 midrise project at Queen and Dovercourt features live-work units. CONTRIBUTED

Pockets of Toronto's downtown are becoming hot spots for condo and loft live-work spaces. With the influx of independent, creative, high-tech, advertising and artistic industries, this form of enterprise is popular in the King West and West Queen West neighbourhoods, and both city hall and developers are taking notice.

Councillor Adam Vaughan has seen a significant change in the last 15 years in his Trinity-Spadina ward. "There's been an intensification that's been built up around the transformation of the old warehouse spaces to one of the largest clusters of high-tech media and arts and digital economic centres in the country," he says.

We're now seeing condos and lofts that cater to the work-at-home enterprise. Authentic downtown lofts with their open-concept studio spaces, rough-hewn timbers and exposed brick make great spaces for creative urban businesses.

Liberty Village has always been a popular live-work zone. With the migration of 75 different advertising and marketing agencies into the area, the Village has become Toronto's Madison Avenue. Popular with the creative and tech sectors, these live-work units suit a micro-office or computer-based business.

Streetcar Developments aims to transform a whole city block at Queen Street West and Gladstone Avenue with their Carnaby project, a combination of condominium residences and commercial spaces suitable for studios and small galleries. While the units themselves are not live-work per se, residents of the building would enjoy a very short commute downstairs. "We really wanted it to be very arts and cultural related. We want to make sure that there is the ability for studio spaces and to make sure that we do have the ability for artists to be involved in the area." says Streetcar spokesperson Harley Nakelsky.

Ten93 at Queen and Dovercourt is a new mid-rise project from Pemberton Group and RAW architects. The nine-storey mid-rise is billed as raw and organic, which describes the quirky and eclectic stretch of shops, cafés and artists' studios. The condo will add 134 units and new street-level retail to this animated neighbourhood and will feature a number of live-work units with the aim of attracting creative, home-based entrepreneurs.

Attracting creative urban businesses

"There's been an intensification that's been built up around the transformation of the old warehouse spaces to one of the largest clusters of high-tech media and arts and digital economic centres in the country."

Trinity-Spadina Councillor Adam Vaughan

The Carnaby project includes studio and gallery spaces. CONTRIBUTED

Advantages of working from home

For some, the advantages of working at home are many.

- You don't have to commute in wretched winter weather, the coffee is always good, and it affords a quieter, more private workplace.
- It's not for everyone however: It requires a modicum of self-discipline and not all businesses are cut out for a live-in head office.

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Nursery, I got hue, babe

Crib notes. Looking for non-traditional colours for your newborn's room? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am expecting a baby and don't ascribe to the traditional colours for decorating a baby's room. I also don't know the sex of my unborn. What are neutral-gendered, on-trend colours for painting and decorating? — Nathalie Hicks, Toronto

More parents are opting for non-traditional baby rooms and decorating the space to please themselves as they spend time with their newborn. Once a child develops a preference for styles and colours, usually by age three, it's a good time to re-decorate to suit their personalities. Happily, many retailers carry colourful nursery decor that falls outside traditional schemes.

Here are a few designer tips to get you started:

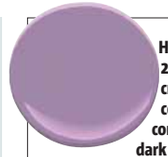
1. Match any wood tones of baby furniture to other wood tones you might already have throughout your home, such as dark espresso or bleached oak.

2. Consider using a grown-up area rug with fabulous colours and patterns instead of the predictable nursery story-printed rugs.

3. Never be afraid of using deep colours for a newborn's room. It's a space where you are training them to sleep, so the less stimulation the better.

Mix whimsy and colour for those early years. Canadian designed Duc Duc Crib offers a toddler bed conversion kit and a variety of fun words to apply. $1,634, modernkaribou.ca

A quirky orange kangaroo plush cushion becomes an instant best friend for baby. Its pocket makes a great spot for an extra soother. Machine washable. $10, simons.ca



Hazy Lilac 2116-40 paint creates a cozy room to complement dark or light wood tones and trendy shades of grey and orange. benjaminmoore.ca

Keep storage long and low so toys can be displayed at a comfy height, leaving room for shelves and hooks above. Bjursta Sideboard, $300, ikea.ca

A recycled rug is on trend and a perfect choice for a child's room. Ottoman Yama Patchwork 6x8, $475, ecarpetgallery.

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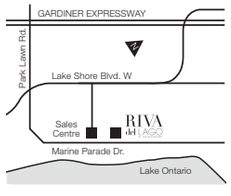

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Legal Matters

Dispute over canopy leaves condo owners footing big tab

Our condo has just served us owners with a letter requiring that we all pay $350 for legal fees they themselves incurred.

One of our condo owners lives on the lower level and his balcony sticks out more than the others so he started complaining that all the debris from above would land on his balcony. He asked the condo management for a canopy to help prevent this.

Apparently, they refused and he took them to court and he won. Now they are saying that they incurred a $95,000 bill for all legal fees and installment of a new canopy.

What is our recourse at this time?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

The owners of the condos in the building are given the opportunity to vote for their Board of Directors, who then are given the power to make decisions on behalf of the condominium corporation.

The board in turn hires a management company that looks after the day-to-day running of the building.

Typically the board has the authority to make decisions such as providing a canopy to the owner. In this case, they declined and then the matter was litigated and lost.

Unfortunately, as your legal representatives, they made a decision on your behalf and the special assessment that they are now implementing is to address a shortfall in the condo's finances.

For a relatively small problem, this seems like a very large legal bill — for which the board should be held responsible — but at the end of this matter, the fees should be paid by each condo owner.

At the next election, you and your fellow owners have the ability to vote these board members out. In the meantime, they must be accountable for the monies spent.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca

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Meet the condo

- **What.** Dundas Square Gardens
- **Builder.** Easton's Group
- **Location.** Dundas Street East and Jarvis Street
- **Website.** dundassquaregardens.com
- **Pricing.** One-bedrooms $199,000, two-bedrooms $299,000
- **Sizes.** From approx. 300 to 780. sq. ft.
- **Suites.** Studios, one bedroom, one-bedroom plus den, two-bedroom, two-bedroom plus den, three-bedroom

The project overview

Easton's newest project is centrally located in downtown Toronto. The modern features and lighting elements will make the Sky Lobby a focal point of the entire building. The project will feature five rooftop gardens and terraces exceeding 16,000 square feet.

Building amenities

Featuring barbecues and a pool on the 18th-floor terrace, the project also includes a third-floor garden terrace adjacent to the two-storey Sky Lobby, which will feature a grand lobby, amenity lounge and party rooms, and a screening room with support spaces.

What's hot on the condo market

DUNCAN MCALLISTER

1. Mimico

Now Open: New presentation centre at On The GO Mimico condos. Located at the corner of Judson Street and Royal York Road across from the Mimico GO station. **CALL 647-692-8417 TO REGISTER OR VISIT ONTHEGOMIMICO.COM.**

2. Fort York

Open House: Penthouse condo on the waterfront. One plus one bedrooms, one bathroom. Head on over to 169 Fort York Blvd., March 1 and 2 from 12 to 5 p.m. **CALL 416-260-8200 FOR MORE INFORMATION**

3. Avenue Road

Preview Event: Brookdale on Avenue Road, elegant new seven-storey condominium. 1694 Avenue Rd., March 1 from 12 to 4 p.m. **CALL 416-898-0285 TO REGISTER OR VISIT MADY.COM**

Employment and growth

Too much regulation is hurting skilled trades

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

Much like new home construction, the residential renovation industry relies on a wide variety of skilled professionals, each playing a key role in carrying out a timely, quality renovation. Skilled trade workers also represent a critical component of employment and growth.

Unfortunately the renovation industry is not without its challenges, many of which stem from antiquated labour laws and a 1970s apprenticeship system model. This limits opportunities for young workers looking for a career in the trades, or experienced workers looking for a fresh start.

If a person chooses a career in the trades, they must first apprentice with a qualified employer. This ensures that new workers receive important hands-on training experience.

Employers must demonstrate their ability to train based on their experience, as well as the number of licensed journeypersons — qualified and skilled employees — it has on staff.

This requirement is known as the journey-person-to-apprentice ratio, which varies in every trade. According to the Ontario Home Builders' Association (OHBA), the apprenticeship system in Ontario is badly outdated.

A good example is the plumbing trade, which requires one journeyperson on staff for the first apprentice hired, and another three for every additional apprentice. This means a company has to have four journeypersons on staff in order to hire two apprentices. That number jumps to seven if the number of apprentices rises to three.

This requirement hurts smaller renovation companies who are not capable of hiring several journeypersons and this shuts them out of the apprenticeship system.

It also makes it more difficult to find apprenticeship work, leading to a potential deficit of skilled trades in Ontario.

One of the recommendations brought forth by our industry is implementing a one-to-one journeyperson-to-apprenticeship ratio.

This could serve as a practical solution, as the current structure does not take advantage of the opportunities the residential construction sector offers.

A solutions-oriented approach can provide growth for our economy while building a modern skilled-trades workforce across Ontario.

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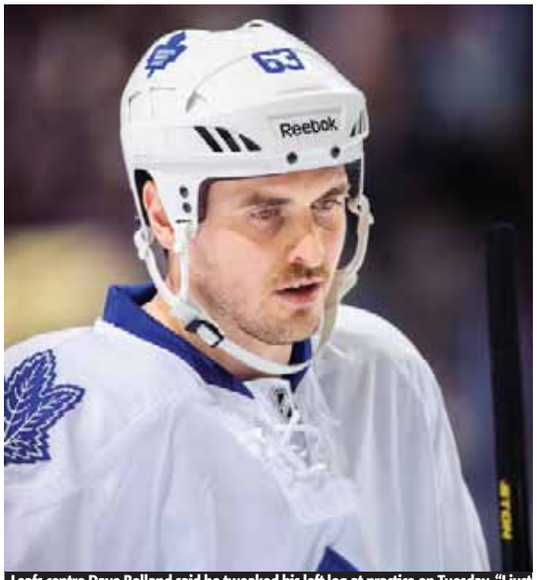
Pivot Bolland's return botched in practice



Leafs centre Dave Bolland said he tweaked his left leg at practice on Tuesday. "I just had a little bit of a fall," Bolland said. "It's going to happen during the game, so that's what you need to get ready for." DEREK LEUNG/GETTY IMAGES

NHL. After collision in practice, Leafs centre will not return against Isles as previously hoped

Dave Bolland suffered a setback in his recovery from a severed ankle tendon and won't return to action Thursday when the Maple Leafs visit the New York Islanders on Thursday night.

The 27-year-old native of Mimico wore a non-contact maroon jersey at practice on Wednesday and did not participate in line rushes.

"He took a step back (Tuesday). It's not a positive," Leaf coach Randy Carlyle said, adding "it's not a huge negative either."

Bolland, who was injured Nov. 2, had been making steady progress and was hoping to play in Thursday's road game. He will still travel with the team and is listed as day-to-day.

Bolland has six goals and four assists in 15 games and is eligible for unrestricted free agency after this season. Sportsnet reported Wednesday that he is seeking a seven- or eight-year deal worth $40 million to stay in Toronto.

Bolland was shaken up Tuesday when he collided with a teammate and crashed heavily to the ice. He got up limping, but continued to practise before leaving just before the end, tossing his stick angrily.

TORSTAR NEWS SERVICE

Rust after medal push

Phil Kessel skated for the first time since the Olympics on Wednesday morning at Leafs practice, and well, he looked sluggish.

- Fellow U.S. Olympian James van Riemsdyk, who worked out with the Leafs off the ice Tuesday, took the day off.

Terrence Ross dunks home two of the 19 points he scored on Tuesday in Cleveland. THE ASSOCIATED PRESS

NBA. Ross in charge of his own destiny

The day after former Raptors GM Bryan Colangelo made Terrence Ross the eighth pick in the 2012 NBA draft, a talent evaluator for an Eastern Conference rival was asked for his assessment of the selection.

"Interesting pick," was the response. "Not sure anyone knows what he is."

Twenty months on, the guy seems to have hit the nail on the head.

Of late, Ross has been everything the Raptors hoped he'd be — a solid three-point shooter, an athletic wing who can get to the basket, a long quick defender who can guard multiple positions — and the 23-year-old has played a key role in Toronto's recent success.

He made a huge late-game, three as part of 19-point night in a win in Cleveland on Tuesday, he's made 17 of 34 threes in his last seven games and any concern he'd hit some "sophomore wall" can be disregarded. On the other hand, he's also prone to some ghastly turnovers and often displays a laissez-faire attitude that speaks to his inexperience.

But since being thrust into a starting role after the Rudy Gay trade, Ross has been solid, with gusts of very, very good.

"He's not there yet," Casey said. "But he's growing."

Where Ross finishes remains to be seen — and it will depend entirely on his off-season work ethic — but for a kid put in a role he probably wasn't ready for, he's done all right for an "interesting" pick

TORSTAR NEWS SEVICE

NHL

Price in pain after return from Sochi

Montreal Canadiens star goaltender Carey Price left the team's morning skate Wednesday with what the club is calling a lower-body injury.

Coach Michel Therrien said Price aggravated the injury while representing Canada at the Sochi Olympics.

"He will not play the next two games and he's day-to-day," Therrien said.

The Canadiens lost 2-1 to the Detroit Red Wings Wednesday night in Montreal.

THE CANADIAN PRESS

MLS

Defoe's hammy could be an early whammy for TFC

Toronto FC might have to wait to see expensive new striker Jermain Defoe in action.

Defoe will miss his last game as a member of English Premier League team Tottenham with what is reported to be a hamstring injury.

Tottenham manager Tim Sherwood confirmed that Defoe will not be fit for Thursday's Europa Cup match with Ukrainian club Dnipro Dnipropetrovsk. He will say his goodbye to Spurs fans at halftime.

What this means for Toronto FC is not yet clear as the severity of the injury is unknown.

Defoe is expected to join the Major League Soccer club over the weekend.

The 31-year-old forward signed a four-year deal with Toronto in January worth a reported $165,255 a week.

THE CANADIAN PRESS

5 Blue Jays roles up for grabs

Following a relatively quiet off-season, Blue Jays GM Alex Anthopoulos appears content to gamble that with better health, the group of players who won just 74 games a year ago will do better this year. But while the roster is familiar, several jobs remain up for grabs. Here's a look at five of the most contentious competitions.

TORSTAR NEWS SERVICE
Photos by Getty Images

Fifth starter

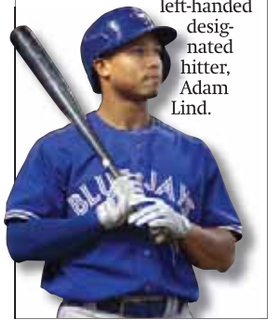
Frontrunner: Drew Hutchison
Contenders: Esmil Rogers, Todd Redmond, Dustin McGowan, Kyle Drabek, Ricky Romero, Marcus Stroman

You can pencil in the first four spots of the Jays' rotation with R.A. Dickey, Brandon Morrow, Mark Buehrle and J.A. Happ, but the last spot remains unclear and could potentially stay that way through most of the season. Anthopoulos has raved about Hutchison, who has missed most of the last two seasons, since watching him perform in the Arizona Fall League.

Fourth outfielder

Frontrunner: Moises Sierra
Contenders: Anthony Gose, Kevin Pillar

Anthony Gose has the greatest potential of all the organization's young outfield prospects, but he has yet to show he can hit consistently in the big leagues. He also can be optioned to the minors without clearing waivers. Sierra, meanwhile, is out of options. He's also right-handed (Gose is a lefty) and is currently the club's best option to platoon with the left-handed designated hitter, Adam Lind.



Backup catcher

Frontrunner: Erik Kratz
Contenders: Josh Thole

Prior to camp opening it looked as if the incumbent Thole had the inside track to continue as R.A. Dickey's personal knuckleball catcher. But in the early stages of spring training it has been Kratz — acquired from the Philadelphia Phillies for reliever Brad Lincoln — that has caught most of Dickey's practice sessions. The Jays appear to see more offensive potential in the six-foot-four, 255-pound Kratz, who was drafted by the Jays (29th round, 866th overall) in 2002 and spent six years in Toronto's minor-league system.

Second base

Frontrunner: Ryan Goins
Contenders: Maicer Izturis, Chris Getz, Munenori Kawasaki

Aside from starting pitching, the Jays' most glaring weakness last season was at second base, where Izturis and Emilio Bonifacio combined to be among the league's worst offensive and defensive players at the position. Goins impressed with his glove late last season but struggled at the plate, posting a paltry .264 on-base percentage in 34 games.

Long relief

Frontrunners: Esmil Rogers, Jeremy Jeffress
Contenders: Todd Redmond, Luis Perez, Neil Wagner, Chad Jenkins

The back end of the Jays' bullpen is largely settled with Casey Janssen, Sergio Santos, Steve Delabar and Brett Cecil considered locks. Lefty Aaron Loup and Dustin Mcgowan — assuming he doesn't nab the fifth starter's spot — are safe bets to join them. That leaves just one or two spots available, depending on whether the Jays choose to open the season with a seven- or eight-man bullpen.

Spring training

Joey Bats drops bomb on Phillies

Jose Bautista hit a long home run off Roberto Hernandez three batters into the game, and the Toronto Blue Jays beat the Philadelphia Phillies 4-3 Wednesday in the rain-shortened spring training opener for both teams.

Bautista's home run landed outside of the ballpark at Bright House Field. The game was called in the middle of the seventh inning.

Bautista missed the last six weeks of the season with a hip injury, the second straight year in which he ended the season on the disabled list.

THE ASSOCIATED PRESS

$1M contract

Trout swimming in the money

Outfielder Mike Trout and the Angels agreed Wednesday to a $1-million, one-year contract, a prelude to a long-term deal between the young All-Star and Los Angeles.

The salary is the highest for a one-year major league contract for a player not yet eligible for arbitration, and Trout isn't coming to the big leagues from Japan or Cuba or wasn't required to have a larger amount because of the maximum cut rule.

THE ASSOCIATED PRESS

Thursday, February 27, 2014

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I want to be with You and my loved ones in Your Perpetual Glory, Amen.

(A person must pray this for three consecutive days without stating his wish. After the third day the wish will be granted, no matter how difficult it may be. Promise to publish this as soon as your favour has been granted.)

Thank you Holy Spirit.
By M.T.D.S.

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Horoscopes

♈ Aries
March 21 - April 20
It won't be long before your mind is back in the groove. You will have a lot to say for yourself today but be very careful that you don't give away secrets to people who may be your rivals.

♉ Taurus
April 21 - May 21
According to the planets, you could make serious money but you need to get serious about your ambitions. Most of all, you need to commit yourself to an objective that may take years to reach. Are you ready?

♊ Gemini
May 22 - June 21
You will be challenged over the next few days, but you will rise to the challenge and come out unscathed. Remember: rivals are more scared of you than you need be of them.

♋ Cancer
June 22 - July 23
You will need to close your ears to criticism today. It does not matter how good a job you do, someone, somewhere, will pick holes in your methods or techniques. Ignore them and carry on as before.

♌ Leo
July 24 - Aug. 23
Be careful what you ask for over the next two or three days because you are likely to get it. Why should that be a problem? Because the responsibilities that go with it could take away a lot of the fun.

♍ Virgo
Aug. 24 - Sept. 23
You will be more emotional than usual today. But that could actually work in your favour, especially if you have not been too open about your feelings of late. Every now and then it's good to let it all out.

♎ Libra
Sept. 24 - Oct. 23
Do something unexpected. The planets indicate that no matter how far you push the limits, at home or at work, others will forgive you. But that's only today. Tomorrow they won't be so generous.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your eye on the ball and keep your mind on what it is you are hoping to accomplish. If you can do that then you will succeed. The approaching new moon will give you added drive and dynamism.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to rely on other people. You have high hopes for the future and will make quicker progress if don't have to worry about dragging others along behind you.

♑ Capricorn
Dec. 22 - Jan. 20
For the past two or three weeks you have found it hard to get your thoughts together, which means progress has been slow. Now, your mind will click into gear and you will soon be sailing along.

♒ Aquarius
Jan. 21 - Feb. 19
You don't take risks often but when you do, you go all the way. With that in mind, you are advised to wait until the weekend to follow up on what you are planning. If you start too early you could lose it all.

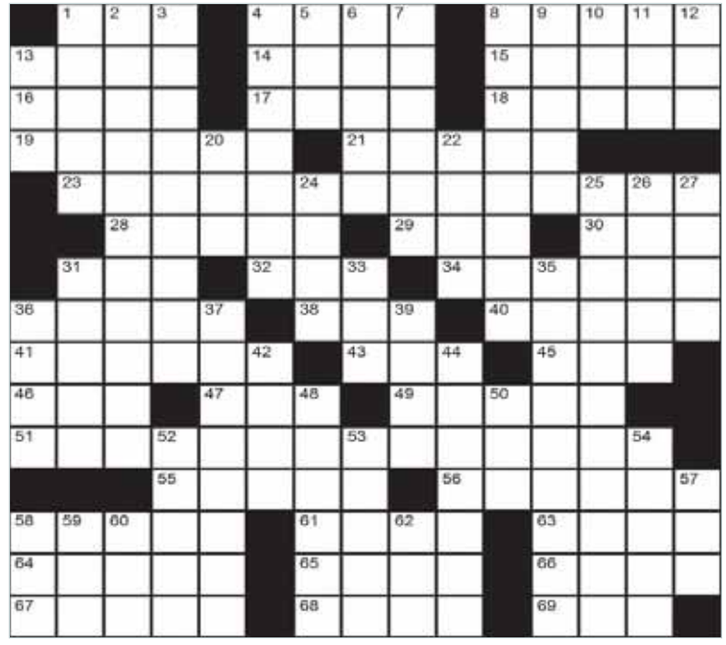
♓ Pisces
Feb. 20 - March 20
Be assertive and let partners and colleagues know that you intend to put your needs first. This is your time of year and you have every right and every reason to be a little bit selfish.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



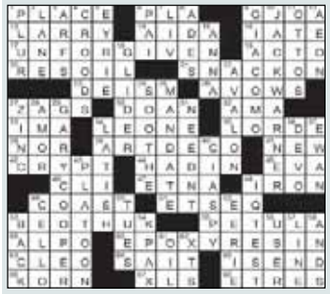
Across

1. Possibilities
4. Frost
8. Ancient water nymph
13. Take _ __ (Try the drink)
14. Vogue rival
15. __ boots
16. Saintly symbol
17. Marsh plant
18. Solemn bell sound
19. "You are not!" retort: 3 wds.
21. Farewell, in France
23. Step dancers perform to their music: 2 wds.
28. '70s music
29. Classic game
30. Ms. Long
31. Like
32. Exhaust
34. Fort __ (Where the American Civil War started in 1861)
36. Roman Empire invaders
38. Beige
40. Sans stopping...: 2 wds.
41. Singer Bonnie's surnamesakes
43. Drivers' org.
45. Actor Mr. Knight's
46. Admiral's org. in The States
47. Juice: French
49. 1985 Power Station hit: "Some Like __ __"
51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes
64. Sitting spot
65. High
66. Prefix with 'dynamic'
67. "All in the Family" role
68. Opportunity
69. Juiceless

Down

1. Oscar-winning songwriter Mr. Hayes
2. Oscars category: 2 wds.
3. It will shine on Ellen DeGeneres as this year's Oscars host
4. Brave acts
5. Corrida call
6. Shake like _ __
7. Social news website
8. Leslie Nielsen movie franchise: 2 wds.
9. Cancel
10. White House nickname
11. __ clear
12. Rocker Mr. Shannon
13. Sushi tuna
20. Periods beyond regular hrs.
22. Some apples
24. Outdoors garment
25. "The __": Piano tune in "The Sting" (1973)
26. 'Nothings' in Nice
27. Chalcedony variety
31. "__ __ _ say, not..."
33. BC's ocean
35. "Ace of Spades" British metal band
36. Food
37. Gospels guy, __. __
39. Newbie
42. Tallow source
44. In the wrong: 2 wds.
48. Silver fishies
50. "__ Ramsey" ('70s TV Western)
52. Frilly neckwear piece like Austin Powers wears
53. "Easy Livin'" by __ Heep
54. Beat
57. Record label The Bee Gees were on
58. 'Expert' suffix
59. 19 TV __. (Production co. for "American Idol")
60. Law: French
62. "Turn to Stone" gr.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7	2		9	3		
	2		3		5		4	
9								8
		8	1	2	6	5		
		9	8	5	7	2		
7								2
	3		6		1		5	
		1	4		2	6		

Yesterday's Sudoku

7	2	9	1	3	5	6	8	4
1	3	5	8	4	6	2	9	7
4	8	6	2	9	7	3	5	1
8	4	7	3	5	2	1	6	9
3	5	1	9	6	8	7	4	2
6	9	2	4	7	1	8	3	5
9	1	3	7	8	4	5	2	6
2	6	8	5	1	9	4	7	3
5	7	4	6	2	3	9	1	8

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Variable

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CANADA'S BEST LEASE RATE

LEASE FOR ONLY **$85** BI-WEEKLY

AT **0%†** FOR 60 MONTHS WITH $0 DOWN

CANADA'S BEST LEASE RATE

2014
ELANTRA L

5 YEAR†† WARRANTY

HWY: 5.3L/100 KM
CITY: 7.6L/100 KM▼

Limited model shown♦

OR 0%* PURCHASE FINANCING FOR 60 MONTHS ON SELECT MODELS

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM▼

Limited model shown♦

2014
SANTA FE SPORT

5 YEAR†† WARRANTY

0%* FINANCING FOR 60 MONTHS

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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HyundaiCanada.com

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2014 Accent 4-Door L 6-Speed Manual/ 2014 Elantra L 6-Speed Manual with an annual lease rate of 0%. Bi-weekly lease payment of $75/$85 for a 60 month walk-away lease. Down Payment of $0 and first monthly payment required. Total lease obligation is $9,750/$11,050. Lease offers include $600/$1,050 in Price Adjustments, Delivery and Destination of $1,550/$1,550, fees, levies, and all applicable charges (excluding HST). Lease offers exclude registration, insurance, PPSA and license fees. Lease a new 2014 Accent 4-Door L 6-Speed Manual / 2014 Elantra L 6-Speed Manual and you'll be entitled to a $600/$1,050 Price Adjustment. Price Adjustment applies before taxes. Offer cannot be combined or used in conjunction with any other available credits or promotion other than the Hyundai Financial Service's promotional lease offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km on all models except Genesis Sedan and Equus where additional charge is $0.25/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. *Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Santa Fe 2.4L FWD with an annual finance rate of 0% for 60 months. Finance offer includes Delivery and Destination of $1,760, fees, levies, and all applicable charges (excluding HST). Finance offer excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2014 Santa Fe 2.4L FWD for $28,495 at 0% per annum equals $219 bi-weekly for 60 months for a total obligation of $28,495. $0 down payment required. Cash price is $28,495. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,760, fees, levies, and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. ♦Price of models shown: 2014 Accent 4 Door GLS/ 2014 Elantra Limited/ 2014 Santa Fe 2.0T Limited AWD are $20,385/$25,335/$40,795. Prices include Delivery and Destination charges of $1,550/$1,550/$1,760 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for new 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Elantra L Manual (HWY 5.3L/100KM; City 7.6.L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City10.2.L/100KM), are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦†* Offers available for a limited time, and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.